

involved in production was partially lost in distribution because of the communal pooling for use purposes of food, clothing, and shelter. That pooling was not complete is evidenced in the fact that all products made by a deceased person were destroyed. Also clothing and implements were personal belongings and individually owned to a considerable degree.

The older people were the major authority figures as long as they were economically influential. With skill and experience they led their households and communities in every phase of life. However, older people who became an extreme burden on the household because of blindness or other disabilities were deserted and left to die. There are indications that this desertion was met with resignation on the part of the old person and with grief by the family, but was deemed inevitable. A corollary to this was the belief that persons acquired often dangerous supernatural powers with age (cf., Freed and Freed n.d.). Thus, well intentioned gifts from grandparents to grandchildren may be inadvertently harmful.

Generally everyone ate at the same time with the major meal often in the late afternoon. Producing men ate the most and producing women came next. Non-producing old people and children were resented for their supposedly great appetites and in practice probably ate much less than the others. Old people and children were often given the boiling stones and stirring sticks to lick off the cooked meal. Dangberg (n.d., 30) indicates that children were often fed rabbit brains, which adults did not prefer. Mothers prechewed solid foods for infants.

Familial sharing was extended beyond the household primarily through hospitality to visitors. In times of hunger whole households without food might move in with relatives or even unrelated neighbors. In this case private property such as cooking utensils were not pooled, but the food was shared. The two groups living together would cook separately. The guests would be expected to gather wood, bring in water, go hunting, and make what contribution they could.

There were starvation (bisha basha) times, particularly in the late winter, when the household would hide its food, even from relatives. Hank Pete said he heard of starving people who would tear apart their rabbit skin robes to chew the fat off the hides and divide a chipmunk between a whole family. It is said that people could go for ten to fifteen days without eating. Women would give their portions to the men and children because it was believed the women could go longer without eating. A different inventory of foods was used that would never be eaten in ordinary times.

shown that increasing age is associated with increasing percentages of hypertension, the correlation of younger age with white schooling would tend to blur real blood pressure differences between the groups with different educational experiences. To put it another way, the finding that Washo students from white schools had more hypertension than others occurred despite the fact that these were younger Washo, whom we would normally expect to have lower pressures.

Discussion

The long standing hypothesis that stress is associated with hypertension, possibly figuring in its etiology, is supported by the data in the present study. The fact that Washo blood pressure levels are high either when compared to acceptable normal limits, or to mean levels of other societies throughout the world (for a discussion of comparisons of mean blood pressure levels of the Washo with those of a number of other groups, see Scotch, 1957, 42, 93) may be attributed under this hypothesis to the stresses to which the Washo are subject. Chief among these are poverty and the discrimination the Washo face as an extremely small minority group within the dominant white culture of Nevada. Furthermore, gainful employment is extremely difficult to get, first, because there are so few jobs available in Nevada that do not involve gambling enterprises and, secondly, because of discrimination. Further, attempts by the Bureau of Indian Affairs to alleviate the economic situation by such schemes as the relocation plan had met with complete rejection at the time of the study. To our knowledge, not a single Washo had agreed to be relocated despite the many attractive features of the plan. When Washo were interviewed concerning their reluctance to relocate, their typical attitude might be expressed:

"Things are bad enough here where we only have to associate with whites for limited periods of time, but at least we continue to live within the tribe. We maintain many of our customs, and we know and understand our neighbors. But if we agreed to move to a new city we would be torn from our land and tribe and we would have to compete with whites on the whites' home grounds. It is better to suffer from poverty in a situation we are familiar with than to take a chance to make a decent living but live in an unfamiliar situation."

With this kind of attitude is associated a rather pessimistic world view.

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Two reactions appear common to both groups. One is avoidance: Washo tradition tells of watching wagon trains from hiding. Similar evidence from the Paiute supports the notion that they too were unwilling to associate with the travelers.

The second aspect of contact behavior was that of exploitation. The Paiute and Shoshoni in particular found wagon train livestock excellent sources of food. A hidden hunter would shoot several arrows into a straggling horse or cow and flee before he was located by the white men. After waiting until the white men were well out of the area the Indians would descend on the wounded animal, which, of course, had to be left by the travelers.² The Washo report that their first view of a cow was when they found one strayed from a wagon train. They packed the animal, rode it, generally examined it, and eventually killed and ate it. This suggests that the Washo had been watching passing wagon trains or had in other ways learned about riding and packing (Lowie, 1939, 302).

The 1850's marked still another phase of the contact situation, that of permanent occupation. The wagon routes provided incentive to establish posts in eastern Nevada, and one was set up in Eagle Valley in the 1850's. Prior to 1852 a man named Clark had set up a ranch in Carson Valley. This he abandoned in fear after he killed an Indian, probably a Washo. In 1853 another family occupied the Clark Ranch. When a group of Indians -- again apparently Washo -- appeared demanding food, the householder shot one of their number (Angel, 1958, 145-9). I am inclined to think that the hostile intent of the Indians was small and that they were begging food in a manner that became common in later years. This suggests that the Indians viewed the apparently bountiful supplies of the white man as simply another source to be exploited by gathering (i. e., begging). In addition it reveals a distinct conflict in cultural attitudes. Sharing among these peoples was a common characteristic. It appears that in hard times there was no obligation to feed a visitor, but asking for food was certainly not considered a violation of norms.

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Between 1849 and 1851 Mormon colonists, sent out from Utah, established an agricultural community at Genoa. It appears that during this period Washo Indians established settlements around white habitations, utilizing the trash heaps as a source of food and building materials, and receiving handouts in return for odd jobs. An important unanswered question is whether the population of these settlements was permanent. I suspect that although the settlements remained at approximately the same population level there was a great deal of moving in and out by individual families going to other parts of Washo territory to hunt or gather. Estimates of Washo population appear to have been generally very low and often based on the

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2. I am indebted to Professor R. F. Murphy for information concerning Basin Indian "hunting" of wagon train stock (see also Angel, 1958, 145-9).